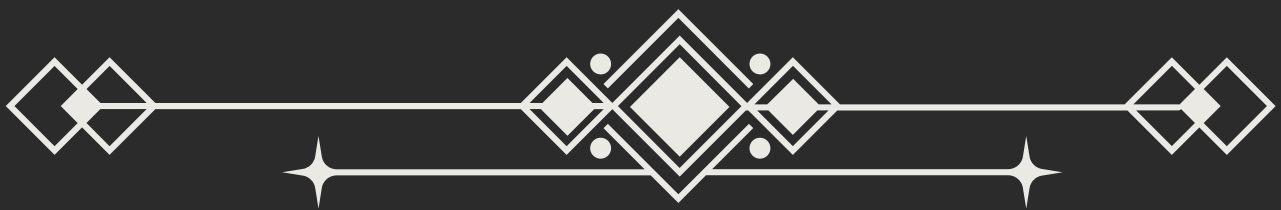




DISCOVER  
**THE WORLD**  
MYSELF  
**CREATED**



ELIAS KALYVAS

2024 - 2025

# CONTENTS

**03**

THE BEGINNING

**04**

FORCES  
OF TRANSFORMATION

**05**

TRUTH

**06**

ORDER

**07**

RESPONSIBILITY

**08**

SELF-REFLECTION

**11**

IMPROVEMENT PLAN



03

# THE START

(IN EVERYTHING THAT INSPIRES ME)

VOL NO.01

I used to think I already knew myself and had nothing new to discover. But over time, I realized that I needed to explore various paths to truly understand my own foundations. What are the elements that define me? What are the unshakable principles that drive my actions? What is my personal world?


Everyone has a whole world within them, sometimes conflicting and sometimes harmonizing. The challenge is to learn about this world, to discover and understand it. It's like the work of miners who dig deep to find valuable minerals. Along the way, they often confront themselves until they finally uncover that precious gem.

Personal and professional success comes with this self-discovery. Knowing myself means understanding my world and moving forward with confidence in my steps.

# POWERS OF TRANSFORMATION AND CREATION

---

Start your journey and build  
your own path toward  
positive change.



05

# TRUTH: THE ESSENTIAL PILLAR

---

Speak the truth. Or at the very  
least, don't lie.

# ORDER: THE POWER OF ORGANIZATION

---

In the chaos of the world, order is  
your strongest ally

# RESPONSIBILITY: THE POWER OF CHOICE

---

In the adventure of life,  
responsibility is the  
core that shapes  
your future.

# SELF-REFLECTION

08

## TRUTH IN YOUR LIFE

## SCALE

Rarely    Occasion-  
ally    Some-  
times    Often    Always

To what extent do you prioritize honesty in your life?

How comfortable are you expressing your true feelings and opinions?

Do you actively seek and accept constructive feedback?

## ORDER IN YOUR LIFE

## SCALE

Rarely    Occasion-  
ally    Some-  
times    Often    Always

Is your daily routine organized and structured?

Does order in your environment affect your mood and productivity?

Are you proactive in planning and setting your goals?

THIS IS A SELF-REFLECTION EXERCISE;  
IT HAS NO EVALUATIVE SIGNIFICANCE.



[www.reallygreatsite.com](http://www.reallygreatsite.com)



# SELF-REFLECTION

## RESPONSIBILITY IN YOUR DECISIONS

## SCALE

Rarely    Occasion-ally    Some-times    Often    Always

Do you take responsibility for your actions and decisions?

Do you keep your commitments and promises?

Are you proactive in anticipating and addressing potential challenges?

THIS IS A SELF-REFLECTION EXERCISE;  
IT HAS NO EVALUATIVE SIGNIFICANCE.



elias kalyvas

CHOO-  
SE ONE



THAT YOU

At every moment,  
you have a choice.

WANT TO

DEVELOP

What inspires you  
matters.

AND

START → TO

CHANGE IT

Create your  
own story.

# 11 IMPROVEMENT PLAN

Date:

Reminder

My priority is:

---

---

---

---

---

---

How will it benefit me...

The phrase that  
inspires me is...

Note to self:

---

---

---

---

Let's discuss your needs  
and ideas in person.  
Contact us at 6983513060  
or at [info@eliaskalyvas.gr](mailto:info@eliaskalyvas.gr).

